

## Punctuation Task – Healthy Lifestyle

*I have forgotten to punctuate the information about healthy lifestyles. Can you help me out?*

*This means you must include full stops and capital letters. If you can, try to put in any commas, question marks and exclamation marks that may be needed in the right places.*

*For an extra challenge try to organise this information into paragraphs. Remember you take a new paragraph when you move onto a new theme or topic. You show this by taking a new line.*

*This is a Chilli Challenge task:*

*MILD – Please complete section 1*

*MEDIUM - Please complete section 1 and 2*

*SPICY - Please complete all sections*

### Section 1

i get out of breath when i run and my chest hurts what can i do to help myself i could try walking to school making sure i eat healthily and do things that make me happy regular exercise will help enormously im tired all the time and find it hard to concentrate what can i do to help myself i could make sure i get 8 hours of sleep and eat healthily so that i am not lacking in any important nutrients also i could drink plenty of water as dehydration can make it hard to concentrate

### Section 2

ive got a runny nose and cough what can i do to help myself i could make sure i put my hand over my mouth whenever i cough or sneeze wash my hands afterwards using tissues and ensure i bin them this will all help ive got an upset tummy what can i do to help myself again i could make sure i wash my hands especially after going to the toilet before meal times and after touching animals hands carry a lot of germs even though most are harmless

### Section 3

i went to the dentist and i have to have a filling what can i do to help myself i could try eating less sugary foods brush my teeth before bedtime and make sure i eat plenty of calcium rich foods such as cheese milk and yoghurt i find that i feel sad quite a lot what could i do to help myself i could speak to an adult i trust talking about your worries helps or i could write my worries down to get them out my head